

Anekant Education Society's
TuljaramChaturchand College of Arts, Science and Commerce,
Baramati
Autonomous status
Department of Psychology
S.Y.B.A. Semester III& IV Syllabus 2020-2021

Semester III		
PSY 2302	S-1	Abnormal psychology-I
PSY 2303	S-2	Growth and Development Psychology I
PSYGEN2301	G-2	Social Psychology I
Semester IV		
PSY 2402	S-1	Abnormal psychology-II
PSY 2403	S-2	Growth and Development Psychology II
PSY2401	G-2	Social Psychology II

S.Y.B.A. Sem. III PSY-2302 S-1: - Abnormal Psychology I

OBJECTIVES:

1. To acquaint students with the recent classification of abnormality.
2. To help students to acquire the knowledge about the causes, symptoms and treatments of various types of psychological disorders.

Periods

Unit-I-Introduction to Abnormal Psychology 12

- 1.1 Definition of mental disorder and criteria of abnormal behavior.
- 1.2 History of Abnormal Psychology
- 1.3 Brief History of DSM 5 and ICD 11 Classification of abnormal Behaviour
- 1.4 Perspectives (paradigms) of psychopathology.
 - i) Psychoanalytical
 - ii) Biological
 - iii) Cognitive
 - iv) Behaviouristic
 - v) Humanistic & Existential
 - vi) Diathesis- Stress model.

Unit:2–Psychotic Disorder

12

- 2.1 Definition and symptoms
- 2.2 Type of Schizophrenia
- 2.3 Etiology and Treatment of Schizophrenia
- 2.4 Other types of Psychotic Disorder

Unit: 3-. Mood Disorders 12

- 3.1 Definition and symptoms of depression.
- 3.2 Types of depression: i) Minor Depression ii) Major Depression iii) Dysthymia and Premenstrual and postpartum depression
- 3.3 Etiology and treatment of depression
- 3.4 Suicide, types, its causes and Prevention

Unit: 4 –ANXIETY DISORDERS, OCD and Stress Disorder

12

- 4.1 Definition, symptoms of anxiety disorder.
- 4.2 Types of anxiety disorders:
 - i) Generalized Anxiety Disorder
 - ii) Phobia
 - iii) Panic Disorder
 - iv) OCD
- 4.3 Stress: Post traumatic and acute stress disorder.
- 4.4 Coping with stress

S.Y.B.A. S-1: Sem. IV PSY-2402 - Abnormal Psychology II**UNIT-I DISSOCIATIVE DISORDERS AND SOMATOFORM DISORDER 12**

- 1.1 Types of dissociative disorders.
- 1.2 Somatic symptoms and related disorders.
- 1.3 Etiology and treatment of dissociative and somatoform disorders.
- 1.4 Factitious disorder.

UNIT-II EATING DISORDERS SLEEP- WAKE DISORDERS AND NEUROCOGNITIVE DISORDER 12

- 2.1 Major types of Eating disorders
- 2.2 Causes and treatment of eating disorders.
- 2.3 Types of sleep-wake disorder.
- 2.4 Neurocognitive disorder Mild and Major.

UNIT-III SEXUAL DISORDERS AND CHILDHOOD DISORDERS. 12

- 3.1 Sexual Abuse (Childhood sexual abuse, Pedophilia, incest and rape)
- 3.2 Etiology and Treatment of sexual abuse.
- 3.3 Intellectual disabilities: Types, causes and treatment.
- 3.4 Types of childhood disorder - Autism, Hyper activity disorder and Learning disorder.

UNIT-IV – PERSONALITY DISORDER 12

- 4.1 Definition and characteristics of personality disorder.
- 4.2 Cluster -A Personality disorders.
- 4.3 Cluster -B Personality disorders.
- 4.4 Cluster -C Personality disorder

BOOKS FOR READING:

1. Alloy, L. B., Riskind, J. H., & Manos, M. J. (2005) *Abnormal Psychology: Current perspectives*. 9thEdn. Tata McGraw- Hill: New Delhi, India.
2. American Psychiatric Association (2013). *Diagnostic and Statistical Manual of Mental Disorders, DSM -5th*, Fifth Edition.
3. Barlow, D. H. & Durand, V. M. (2005). *Abnormal Psychology*, (4th ed) Pacific Grove: Books/Cole.
4. Butcher, J. N., Mineka Susan, & Hooly Jill M, (2014) . *Abnormal Psychology* (15th Ed). Dorling Kindersley, (India).
5. Carson, R.C.; Butcher, J.N.; Mineka, S. and Hooley, J.M. (2007). *Abnormal Psychology*, 13th ed. N.D.: Pearson Edu.
6. Capuzzi, D and Gross, D. R. (2007). *Counseling & Psychotherapy: Theories and Intervention*, N.D. Pearson.
7. Comer, R. J. (2007) *Abnormal Psychology*. (9thEdn) New York; Worth Publishers.
8. Davison, G. C., Neal, J. M., & Kring, A. M. (2004) *Abnormal Psychology*. (9thEdn) New York; Wiley.
9. Fauman, M. A. (1996) *Study guide to DSM-IV*, Jaypee Brothers.
10. First, M. B. & Tasman, A. (2004) *DSM-IV-TR mental disorders: Diagnosis, Etiology and treatment*, New York: Wiley.
11. Nelson- Hoeksema, S. (2004) *Abnormal Psychology*, 3rd Ed. McGraw -Hill; New York; Wiley.
12. Oltmanns, T. F., Emery, R. E. (1995) *Abnormal Psychology*, Prentice Hall.
13. Puri, B. K., Laking, P. J. & Treasaden, I. H. *Text book of psychiatry*, New York: Churchill Livingston.
14. Sarason, I.G. and Sarason, B.R. 11th Edn. (2005). *Abnormal Psychology: The problems of maladaptive behavior*. N.D.: Pearson Edu.
15. Sue, D., Sue, D. W., & Sue, S. (2006) *Abnormal Behaviour*. (8thEdn), Houghton Mifflin Company.
16. World Health Organization (1992). *The ICD 10: Classification of mental and Behavioral disorders: Clinical descriptions and diagnostic guidelines*: Delhi: Oxford University Press.
17. Gray, S.W. & Zide, M.R. (2008). *Psychology Pathology: A Competency based assessment model for social workers*. Cengage learning, India Edition.

Sem. III PSY 2303: - Growth and Development Psychology I

Objectives-

1. To acquaint the students with the basic concepts of human development processes.
2. To help the students to understand influences of various factors on development.

Unit-I Growth, Development and Beginning of Life 12

- 1.1 Meaning of Growth and development Nature and Scope of growth and development psychology.
- 1.2 Characteristics of life span development,
- 1.3 How life begins-
 - i) Genes and Chromosomes.
 - ii) Pre-natal development stages and hazards.
 - iii) Nature and Nurture
- 1.4 Birth and Birth Complications.
- 1.5 Post Natal Development:
 - i) Post Natal Adjustment
 - ii) Complications

Unit-II Infancy

12

- 2.1 Physical Development in Infancy-
 - i) Physical growth and Neural and Brain development
 - ii) Motor Development
- 2.2 Piaget's theory of Cognitive Development
- 2.3 Components Development of language
- 2.4 Importance of Nutrition in Infancy

Unit-III Early Childhood/ Preschool Years

12

- 3.1 Physical Development-
 - i) Physical growth and brain development.
 - ii) Health and Illness
- 3.2 Piaget's Approach to Cognitive Development – Pre operational thinking.
- 3.3 Psychosocial development in early childhood
 - i) Erickson's theory of Psychosocial development
 - ii) Factors contributing to psychosocial development
- 3.4 Family Development and Effective Parenting.

Unit IV Middle Childhood 12

4.1 a) Physical and Growth Development

- b) Motor Development
- c) Health in Middle Childhood

4.2 Cognitive Development

- i) Piaget's and Vygotsky Cognitive Development theory
- ii) information processing in middle childhood (172-174 Martha Lally and Suzanne Valentine)

4.3 Social Development

- i) Friendship Development
- ii) Family development in middle childhood

4.4 Problem of School going Childrens

- i) Developmental disabilities
- ii) Learning disabilities
(Dyslexia, dyscalculia, dysgraphia)

Sem. IV PSY 2403: - Growth and Development Psychology II**Unit-I Adolescence 12**

1.1 Physical Development and maturity

1.2 Threats in Adolescence-

- i) Sexually Transmitted Diseases and Teenage Pregnancy
- ii) Substance Abuse (Drugs, Alcohol, Tobacco)

1.3 Identity and cognitive development

- i) Piaget's cognitive development theory
- ii) Information processing Approach
- iii) Marcia's Approach to Identity Development

1.4 Relationships-

- i) Family
- ii) Friends

Unit-II Early Adulthood 12

2.1 Career and Employment

2.2 Dealing with Life Challenges

- i) Stress and Coping

2.3 Marriage and other relationship choices: Liking and Loving, Happiness seeking Intimacy

2.4 Cognitive development : Sternberg's theory

Unit-III Middle Adulthood 12

3.1 Physical Development and Health

- i) Physical Changes as per gender differences
- ii) Preventive Health care

3.2 Cognitive development

3.3 Relationships- Marriage, Divorce, Remarriages

3.4 Stress-

- Isolation,unemployment
- Leisure time

Unit-IV Ageing

12

4.1 Physical Changes

- a) Signs of Ageing
- b) Slowing Reactions
- c) The Senses

4.2 Health and Wellbeing

- a) Physical and Psychological Problems
- b) Importance of Nutrition, Yoga and Exercise

4.3 Daily life of adjustment in Ageing: Abuse (422 to 423 Book Suzanne Valentine)

4.4 Process of Dying

Books for Reading

1. Feldman R. S. and Nandita Babu (2011). Discovering the life span: Pearson Education.
2. Feldman R. S. 4th ed. (2006). Development across the life span. London: Pearson Education.
3. Santrock, J. W. 11th ed. (2007). Adolescence. N.D.: Tata M.C.-GrawHill.
4. Shaffer, D. R. and Kipp, K. 7th ed. (2007). Development psychology: Childhood and adolescence. Haryana: Thomson.
5. Hurlock, E. (1996) Developmental Psychology. TataMcGraw-Hill
6. Berk, L. E. 3rd ed. (2004). Development through the life span. N.D.: Pearson
7. Lynn M. Shelly (2014). Handbook of Psychology: Developmental Psychology, Volume V Viva Books, New Delhi.
8. Jadhav, K. M. (2012). Vaikasik Manasshastra, Diamond Publication, Pune.
9. Kumathekar, Borude, (2012). Vaikasik Manasshastra, Pune
Vidyarthi Gruha Prakashan, Pune.
10. Martha Lally and Suzanne Valentine-French Life span development: a psychological perspective second edition. Creative commons attribution. (2019)
11. Thambirajah M.S. and Lalithalakshmi Ramanujan Essential of learning Disabilities and other developmental disorders sage publications.

SYLLABUS (CBCS) FOR S. Y. B. A. PSYCHOLOGY
(w.e. from June, 2020)
Academic Year 2020-2021

Class : S.Y. B. A. (Semester- III)
Paper Code: PSYGEN 2301
Paper : G-2 Title of Paper: Social Psychology -I
Credit : 3 No. of lectures: 48

A) Learning Objectives:

1. To impart knowledge of the basic concepts and modern trends in Social Psychology.
2. To foster interest in Social Psychology as a field of study and research.
3. To introduce students to research and empirical findings in social psychology.
4. To make the students aware of the applications of the various concepts in Social Psychology in the Indian context.

B) Learning Outcomes:

1. Gain knowledge of the basic concepts and modern trends in Social Psychology.
2. Using research knowledge and aptitude acquired in the course of study for solving socially relevant problems.
3. Developing problem analysis skills and knowledge and applying the same in social life situation.

TOPICS/CONTENTS:

UNIT 1: Understanding Social Psychology (12 L)

- 1.1 Definition, Nature and Scope.
- 1.2 History and Related Fields.
- 1.3 Methods to study social behavior.
- 1.4 Role of theory in Social Psychology.
- 1.5 Application: Family, Law, Health and Industry.

UNIT 2: Understanding Self and Gender (12 L)

- 2.1 Self – Real, Ideal and Social Self
- 2.2 Concepts related to self – Self Concept, Self-Presentation, Self-Regulation
- 2.3 Gender and Gender Role Development
- 2.4 Gender Differences in Self Esteem
- 2.5 Impression Formation and Impression Management

UNIT 3: Group Behaviour and Social Influence (12 L)

- 3.1 Definition, Characteristics and Types of Behaviour
- 3.2 Group Decision Making, Cooperation v/s Competition
- 3.3 Leadership and its Style
- 3.4 Conformity- nature and factors, Obedience
- 3.5 Compliance- Concept and techniques to gain compliance.

UNIT 4: Attitudes and Prejudice (12 L)

- 4.1 Definition, nature, components of attitudes.
- 4.2 Influence of Attitude on Behaviour.
- 4.3 Attitude Formation and Change.
- 4.4 Prejudice and Discrimination: It's Causes
- 4.5 Techniques to Reduce Prejudices.

Class : S.Y. B. A. (Semester- IV)
Paper Code : PSY2403
Paper : G-2 Title of Paper: Social Psychology -II
Credit : 3 No. of lectures: 48

A) Learning Objectives:

1. To introduce students to research and empirical findings in social psychology.
2. To recognize and appreciate how basic theory and experimental findings apply to everyday situations.
3. To study the impact of social psychology in interpersonal relationships.
4. To understand the psychological processes behind human behavior in a social setting.

B) Learning Outcomes:

1. Fostering ability to engage in lifelong learning, demonstrating empathetic social concern, contributing to the development of nation.
2. Implication of social psychology in everyday living.
3. Understand the importance of Close Relationships and Pro- social behavior.

UNIT 1: Interpersonal Attraction and Close Relationship(12 L)

- 5.1 Determinants of attraction – Internal, External and Interactive
- 5.2 Rejection & its Effects
- 5.3 Close Relationships –family, friendship, love and Romans.
- 5.4 Marriage – preparedness and problems.
- 5.5 Need for premarital and marital counseling

UNIT 2: Aggression (12 L)

- 6.1 Approaches in Aggression.
- 6.2 Types of aggression.
- 6.3 Determinants and Causes of aggression.
- 6.4 Media Violence and its effect.
- 6.5 Prevention and Control of Aggression.

UNIT 3: Pro-Social Behaviour(12 L)

- 7.1 Motives for Pro- social Behaviour
- 7.2 Dealing with Emergencies and Bystander effect
- 7.3 Internal and external factors influencing Pro-social behaviour
- 7.4 Commitment to Socially responsible behaviour
- 7.5 How to increase pro – social behaviour

UNIT 4: Applied Social Psychology (12 L)

- 8.1 Social Psychology in its applied form.
- 8.2 Social Psychology and Mental Health: Community based mental health care.
- 8.3 An Introduction to Social Psychology of Technology; The acceptance and adaptation of Technology.
- 8.4 Social Psychology of the Environment: Ecopsychology.
- 8.5 Evaluation Research, Interventions and Social Psychology.

Books for reading:

- Baron, R., Byrne, D., Branscombe, N. (2014). *Social Psychology, 13th edition*, Pearson Publications, New Delhi.
- Baron, R., Byrne, D., Branscombe, N., Bharadwaj, G. (2009). *Social Psychology, Indian adaptation*, Pearson, New Delhi.
- Taylor, Pepleau and Sears (2005). *Social Psychology, 12th edition*, Pearson, New Delhi.
- Natu, S. A., Vaidya, A. Rajhans, M. (2012). *Samajik Manasshastra*. Pearson Publications, New Delhi.
- Golwilkar, S, Abhyankar, S, Kher, T. (2012). *Samajik Manasshastra*. Narendra Prakashan, Pune.
- Gadekar., (2013). *Pragatik Samajik Manasshastra*. Diamond Publications, Pune.
- Deshpande, Sinharay, Vaidya, (2002). *Samajik Manasshastra Part 1 and 2*. Uma Prakashan, Pune.
- Tadsare, Tambake, Patil, Darekar (2008). *Samajik Manasshastra*, Phadke Prakashan, Pune.
- Weiten, W. and Lloyd, M. (2007). *Psychology applied to modern life: Adjustment in the 21st century*. Indian Edition 8th. Thomson.
- Kool, V. and Agarwal, R. (2006). *Applied Social Psychology: A Global Perspective*. Atlantic Publishers and Distributors Pvt. Ltd. Delhi.